



## TELEHEALTH

No Driving, No Waiting  
Room, No Cost



### **Telehealth Virtual Health Care Provided by Teladoc® Are Available 24/7 Worldwide — by Phone, Web or Mobile App**

When you or your family need non-emergency care now<sup>1</sup>, use *Telehealth* to save time and money:

- Connect with a U.S. board certified doctor for everyday care, anywhere in the world in less than 15 minutes
- Schedule a session with a therapist or psychiatrist to get confidential support
- Access a dermatologist in less than 48 hours for common skin conditions such as psoriasis or eczema

### **Get Started in 3 Easy Steps:**

1. Set up your account with you member ID card at [tuftshealthplan.com/Teladoc](https://tuftshealthplan.com/Teladoc)
2. Schedule a doctor visit by phone, web or mobile app
3. Receive your diagnosis and treatment. Prescriptions are sent to your local pharmacy when medically necessary

### **Our Members Love Telehealth**



Worldwide 24/7  
Access to care



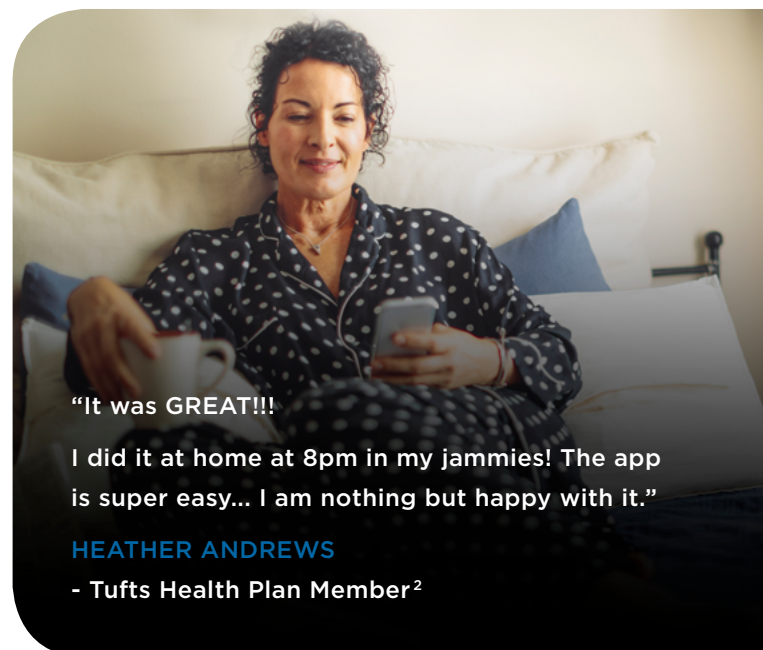
92% of patients' visits  
are resolved the 1st visit



95% member  
satisfaction



Over 40 million  
members



**"It was GREAT!!!"**

I did it at home at 8pm in my jammies! The app is super easy... I am nothing but happy with it."

**HEATHER ANDREWS**

**- Tufts Health Plan Member<sup>2</sup>**

<sup>1</sup>In the case of an emergency, please call 9-1-1 or visit the nearest emergency department. *Telehealth* virtual health care services (provided by Teladoc®) are available to Tufts Health Plan commercial members (not including Tufts Health Direct). Until further notice *Telehealth* cost share is waived during the COVID-19 emergency for all members that have *Telehealth* (provided by Teladoc®) part of their benefits.<sup>2</sup> This testimonial reflects this individual's experience and experiences may vary.

Statistics are provided by Teladoc® and not verified by Tufts Health Plan. Your providers may also offer virtual health care services to you - please contact them directly for additional details

